



How to Stay Safe for the Holiday Season



Whether you travel near or far, if you are **gathering** with family and friends, consider these **7 key steps**:

01. Wash your hands with soap and water upon arrival to anyone's home. Repeat this throughout the day.



02. Mask up. Research shows that COVID-19 can be spread by **talking** without a mask. When you're not eating or drinking, mask up indoors. When you are eating or drinking, **TRY** to minimize talking. **Remind each other** throughout the day to mask up.



03. If gathering indoors, improve ventilation by opening windows and doors. If you have an air purifier, especially with a HEPA filter, please use it! OR, ideally...



04. Bundle up and celebrate outdoors! It's much safer than indoors. Your family can eat outside or take a walk.



05. Please take extra precautions around those who may be at higher risk of severe illness from COVID-19, such as older adults or those with underlying medical conditions.



06. Get tested prior to gathering, if possible. While both a rapid antigen test and a viral (PCR) test are acceptable, a PCR test is preferred.



07. If traveling outside of the Boston area, get tested 3-5 days after returning home. While both a rapid antigen test and a viral (PCR) test are acceptable, a PCR test is preferred. See full details in section B6 of the CPS COVID-19 Safety & Facilities Manual: www.bit.ly/cpscovidmanual



Remember, we are in the midst of a pandemic and a surge and we cannot let our guard down during this holiday season. We have to fight this pandemic together.